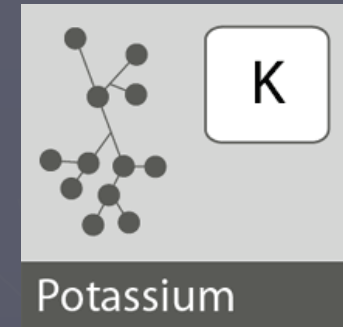


Dietary Guideline #7

Sodium and Potassium



America's Habits

- ▶ Most Americans consume MORE salt than they need.
- ▶ SODIUM chloride is also called salt.
- ▶ On the Nutrition Facts label salt is identified by SODIUM.



Nutrition Facts

Serving Size 1/8 of pizza (98g)

Amount Per Serving

Calories 240 Calories from Fat 40

% Daily Value*

Total Fat 5g 7%

Saturated Fat 1g 5%

Trans Fat

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrate 47g 16%

Dietary Fiber 2g 8%

Sugars 18g

Protein 4g

Vitamin A 0% • Vitamin C 6%

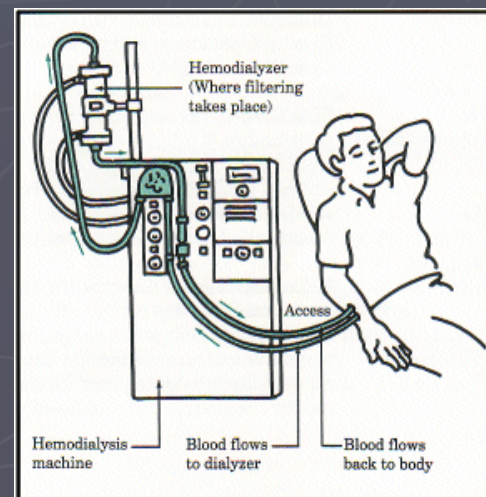
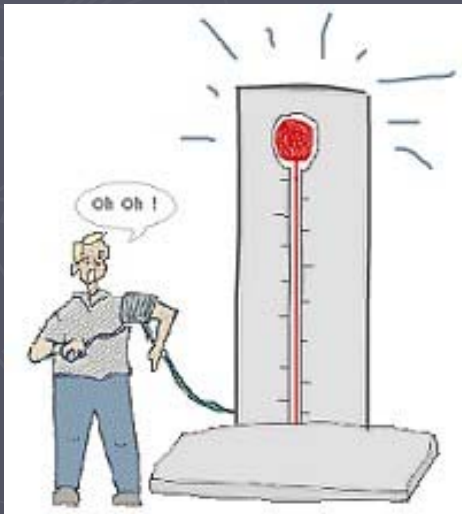
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Health Effects

- ▶ Eating the recommended amounts of **SODIUM** will reduce your risk of **HIGH** blood pressure.
- ▶ High blood pressure is related to other diseases such as coronary **HEART** disease, stroke and **KIDNEY** disease.



Where is most of the sodium in our diet?

- ▶ Most of the sodium in our diet comes from PROCESSED foods such as cereal, spaghetti SAUCE, canned VEGETABLES, and most other foods already pre-made.



Processed or Natural?

► Mott's Brand
Applesauce

► Processed

Processed or Natural?

► Homemade Bread

► Natural

What helps lower your blood pressure?

- Besides not overdoing it on salt, another way your diet can lower your blood **PRESSURE** is to consume a diet rich in **POTASSIUM**.



Potassium Rich Foods

- ▶ Fruits from the vine are high in POTASSIUM.
- ▶ Leafy GREEN and ROOT vegetables such as potatoes and sweet potatoes are high in potassium.



Key Recommendation #1

- ▶ Consume less than 2,300 mg (approx 1 tsp. of salt) sodium per DAY.



Recommendation #2

- ▶ Choose and prepare with less SALT.
 - Taste food before salting it.
 - Make foods from scratch.

AND

- ▶ Consume POTASSIUM-rich foods such as fruits and VEGETABLES.

